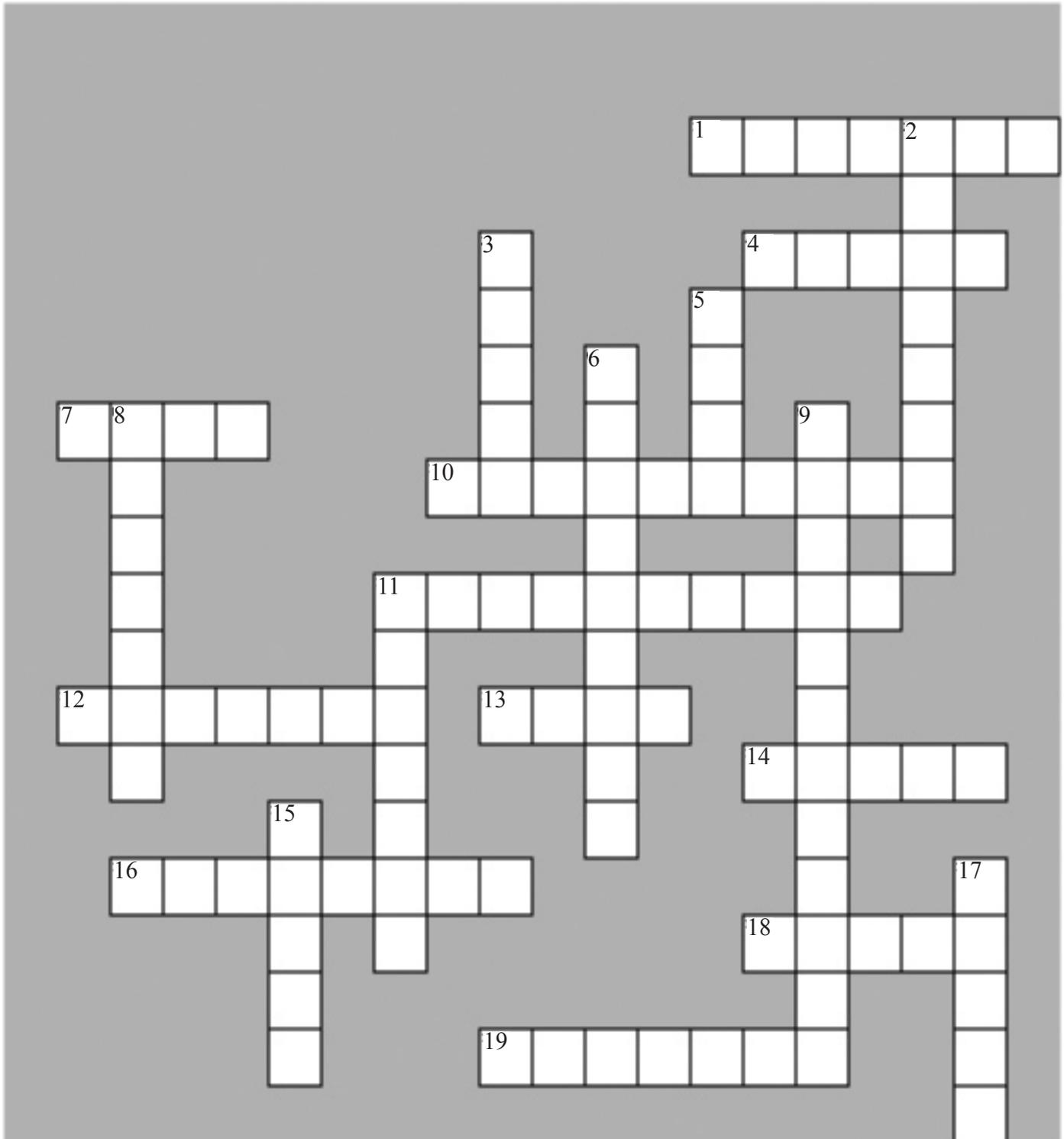


Healthier Living Crossword Puzzle

Fill in the crossword puzzle using the definitions on the next page. Each hint is associated with a healthier choice. Can you identify which are the healthier choices?



Use the following lists of words and hints to fill in the puzzle.

Soda

Protein

Illegal Drugs

Sleep

Smoking

Cookies

Exercise

FASD

Tobacco

Water

Lead

Vegetables

Fruit

Sugar

Alcohol

Pesticides

Juice

Vitamins

Red Meat

Chemicals

Across

1 - A less healthy source of protein. (2 words)

4 - A carbohydrate that helps move food and wastes through the body.

7 - A term used to describe the many different affects that can occur in a person whose mother drank alcohol during pregnancy.

10 - You should eat a combination of 5 servings made up of fruits and these everyday.

11 - An extremely dangerous substance, intended to kill insects, that can cause cancer in humans.

12 - Substance that is smoked in cigarettes, chewed, or inhaled as snuff.

13 - A toxic metallic element that is sometimes found in paints.

14 - Your body needs this everyday to recharge.

16 - Substances that can be found in healthy foods and are used by the body for growth and energy.

18 - A substance that should be eaten in moderation.

19 - Treats that are baked, usually with a lot of sugar.

Down

2 - Physical activity that can maintain or lead to physical fitness.

3 - Nutritious liquid that comes from fruits and vegetables.

5 - Water and 100% fruit juice are better for us than this common drink.

6 - Common household cleaners can be made from dangerous _____.

8 - A substance that pregnant women should always avoid.

9 - Substances of which the use and sale are against the law. (2 words)

11 - Nutrients that help the body grow strong.

15 - A liquid that is vital for all living things.

17 - The part of a plant that you eat. It may contain many seeds or one large seed called a pit.